

## Bridge the gap between healthy and tasty

### Find healthy and tasty food with help from a dedicated health coach

Food choices influence your energy, sleep, and even mood. Work 1-on-1 with an Omada health coach to find food that fits your lifestyle and health goals.

Get started today:  
[omadahealth.com/duluthjpe](https://omadahealth.com/duluthjpe)

### Start new healthy habits with personal support:

- ✓ Speak with a dedicated health coach
- ✓ Get connected devices to track progress
- ✓ Enjoy a community of support

### 4 Steps to healthier lunches:

#### Step 1



Fill up half of your plate with non-starchy veggies in a variety of colors.

#### Step 2



Pick good quality protein that can be enjoyed hot or cold, like tuna.

#### Step 3



Healthy fats help give your body everything it needs.

#### Step 4



Add a bit of fun - like blueberries or dark chocolate - to help you stay on track.